



Roasted Leg of Lamb with Mint and Cucumber Yogurt

 Gluten Free

READY IN



1580 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken stock see
- 2 tablespoons cracked coriander seeds
- 1 cucumber diced peeled
- 3 tablespoons mint leaves fresh chopped
- 0.3 cup rosemary fresh chopped
- 1 tablespoon garlic minced
- 4 cloves garlic minced

- 2 juice of lemon
- 6 pound leg of lamb bone-in
- 2 cups yogurt plain
- 1 tablespoon chile flakes red
- 1.5 tablespoons salt
- 1 tablespoon shallots minced
- 6 shallots minced
- 2 tablespoons sugar

Equipment

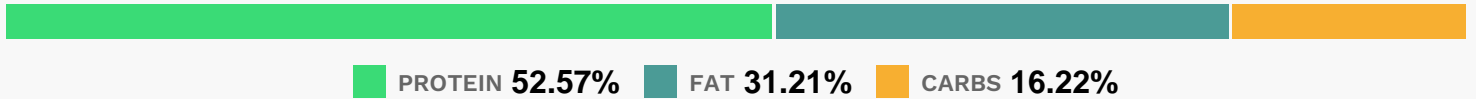
- bowl
- frying pan
- oven
- plastic wrap
- roasting pan
- glass baking pan

Directions

- In a large bowl, mix together the shallots, garlic, rosemary, sugar, coriander, salt, and chile flakes. Rub the mixture on the surface of the lamb. Set the lamb in a large glass baking dish; cover with plastic wrap and refrigerate overnight.
- Preheat the oven to 375 degrees F.
- Rinse the lamb and pat it dry.
- Heat a roasting pan or large ovenproof skillet over medium heat. Brown the lamb on both sides.
- Set the lamb on a roasting rack in the pan and roast, fat side up, until it reaches an internal temperature of 140 degrees F, about 1 1/2 hours.
- Transfer to a platter. Set the pan over medium heat and add the stock, scraping the pan drippings to dissolve them in the broth. Simmer until reduced by half.

- Serve the lamb with the reduced pan sauce, Tzatziki Sauce, and grilled vegetables such as eggplant, zucchini, and yellow squash tossed with red wine vinegar and olive oil.
- Stir together all the ingredients in a medium bowl until thoroughly combined.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:3.77, Inflammation Score:-7, Nutrition Score:28.54260870296%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 378.08kcal (18.9%), Fat: 12.93g (19.89%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 13g (4.73%), Sugar: 9.17g (10.19%), Cholesterol: 146.93mg (48.98%), Sodium: 1576.26mg (68.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49g (97.99%), Vitamin B12: 6.01µg (100.22%), Selenium: 54.23µg (77.47%), Vitamin B3: 14.61mg (73.03%), Zinc: 8.99mg (59.91%), Phosphorus: 522.37mg (52.24%), Vitamin B2: 0.71mg (41.82%), Vitamin B6: 0.57mg (28.47%), Iron: 4.97mg (27.61%), Potassium: 964.85mg (27.57%), Vitamin B1: 0.38mg (25.1%), Magnesium: 85.31mg (21.33%), Vitamin B5: 1.98mg (19.76%), Copper: 0.39mg (19.65%), Folate: 73.54µg (18.39%), Manganese: 0.26mg (12.84%), Calcium: 126.63mg (12.66%), Vitamin A: 491.73IU (9.83%), Vitamin C: 7.96mg (9.65%), Fiber: 2.12g (8.47%), Vitamin E: 0.94mg (6.27%), Vitamin K: 4.2µg (4%)